LS 526

ROTARY ABDOMINAL / BACK

ASSEMBLY INSTRUCTIONS / OWNERS MANUAL

FIRST EDITION

Part No. **06010** Revision: **B** Date: **3/06**

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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of injury, please read the following precautions before assembling or using your new product.

1. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of stated precautions.
2. Read all instructions and enclosed literature carefully. Understand the assembly and operation before using the equipment.
3. Use equipment on a flat level surface. Use adjustment levelers on the bottom of equipment to help stabilize unit.
4. It's recommended to place an exercise / product mat beneath the equipment for added protection of floors or carpets.
5. Keep children & pets away from equipment at all times.
6. Inspect product on a frequent basis. Tighten loose assemblies or hardware as needed. Replace worn or damaged parts immediately.
7. This equipment is intended for internal home use only. Do not use in a non-residential environment. Use in non-recommended environments can lead to serious injury and will void all related warranties & liabilities.
8. Recommended plate load weight should not exceed 200 lbs.
9. Recommended user weight should not exceed 300 lbs.
10. Frequently wipe equipment down with a dampened soft cloth.
11. Observe and adhere to all warning labels posted on equipment.
12. Properly warm-up and stretch before starting any strength training or cardio exercise routine.
13. If you feel pain or dizziness at any time while exercising, stop immediately and consult your physician.

Safety Warning: Before starting an exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. It's important to read all instructions carefully. We assume no responsibility for personal injury or consequential damages sustained by or through the use of this equipment. Additional terms & conditions are listed in the back of this manual or enclosed owners manual.

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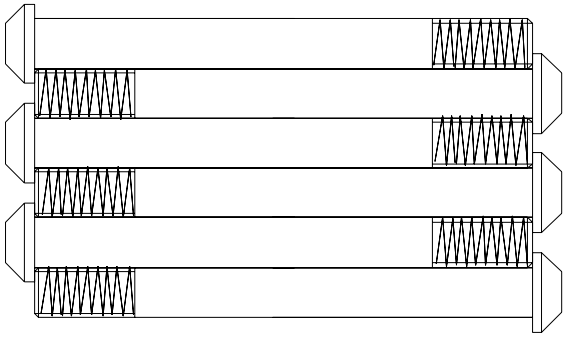
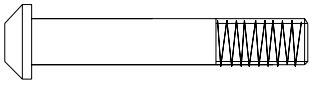
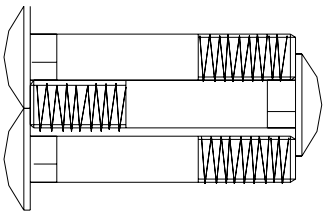
LS 526 ASSEMBLY HARDWARE



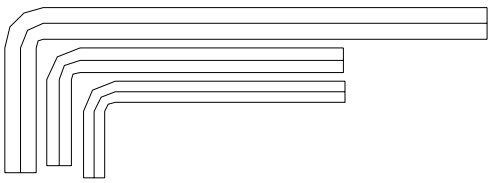
BUTTON HEAD ALLEN SCREW
ITEM #11 QTY. 6

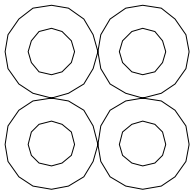


BUTTON HEAD ALLEN SCREW
ITEM #10 QTY. 1

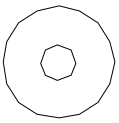


CARRIAGE BOLT
ITEM #12 QTY. 3

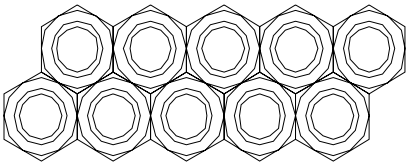




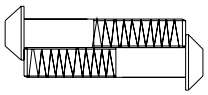
FLAT WASHER
ITEM #14 QTY. 17



FLAT WASHER
ITEM #15 QTY. 2



NYLON NUT
ITEM #16 QTY. 10



BUTTON HEAD ALLEN SCREW
ITEM #13 QTY. 2

NOTE: Hardware and assembly tools are not shown at actual size. Not all of the assembly hardware will be referenced in the chart. Some hardware has been preinstalled in the individual assembly locations of the product. Please reference the itemized parts listing and individual assembly steps for additional hardware information.

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LS 526 ASSEMBLY PARTS

ITEM	PART #	PART DESCRIPTION	QTY.
1	24003	Front Stabilizer	1
2	24007	Rear Stabilizer	1
3	13036	Foot Adjustment Tube	1
4	13037	Foot Plate Assembly	1
5	13048	Seat Support Base	1
6	24017	Main Upright	1
7	13042	Plate Holder	1
8	13044	Press Load Arm	1
9	27001	Round Selector Plate	1
10	01069	Button Head Allen Screw 1/2"-13 × 3" length	1
11	01067	Button Head Allen Screw 1/2"-13 × 5" length	6
12	01077	Carriage Bolt 1/2"-13 × 2 3/4" length	3
13	01075	Button Head Allen Screw 5/16"-18 ×1 3/4" length	2
14	01082	Flat Washer 26 ×13 × 2.0	17
15	01079	Flat Washer 22 × 8 × 2.0	2
16	01083	Nylon Nut 1/2"-13	10
17	N/A	Spacer (Weight Plate)	1
18	01087	Plastic Washer 60 x 25.7 x 3.0	4
19	05024	End Cap	2
20	05035	Bumper 76.2 × 50.5 ×16	1
21	03022	Seat Pad	1
22	03019	Roller Pad OD 4"× ID 23 × 7" length	2
23	03070	Roller Pad OD 5"× ID 45 ×18" length	1
24	05041	Round End Cap	1
25	01088	Button Head Allen Screw 3/8-16 x 21/4” length	2
26	01089	Curved Washers	1
27	01085	Nylon Nut 3/8-16	1

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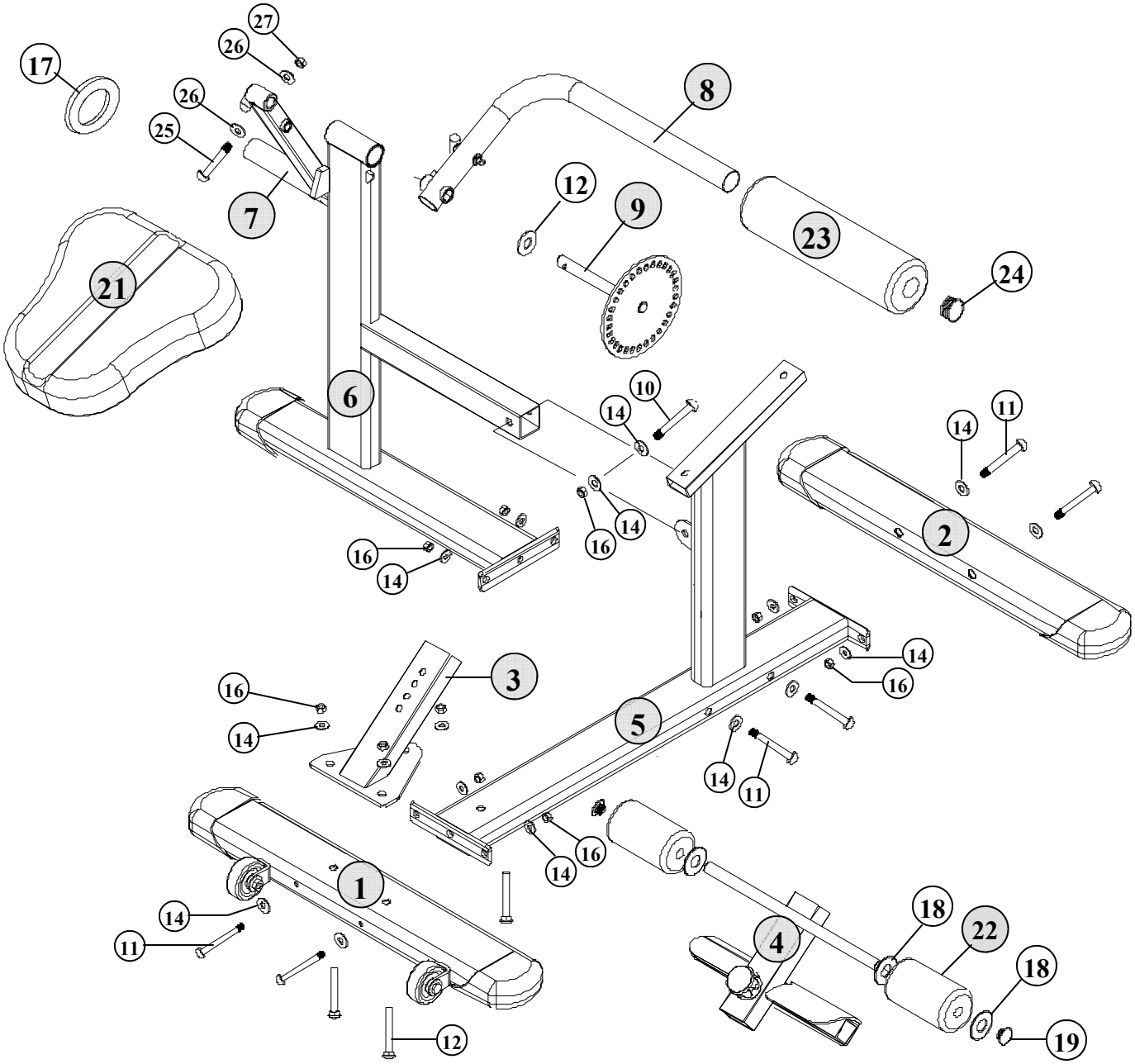
LS 526 ASSEMBLY PARTS



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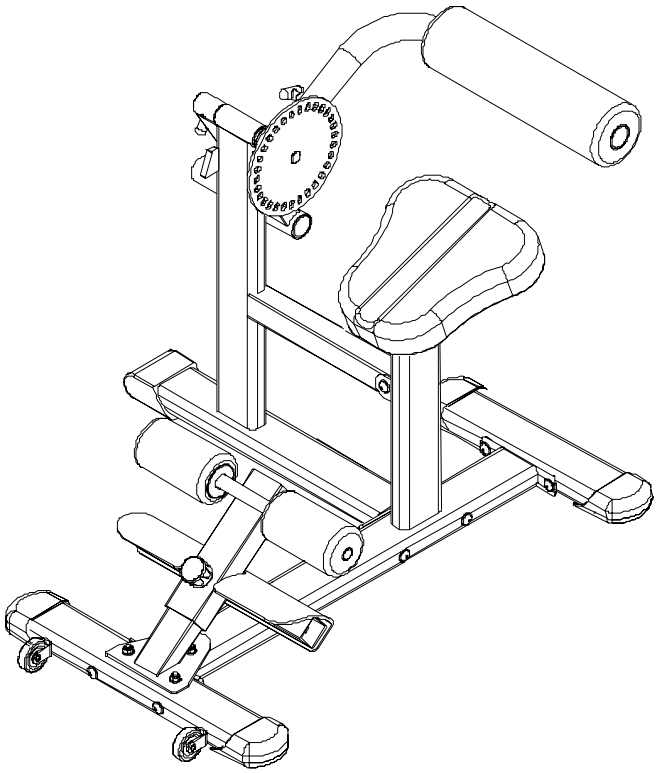
PRODUCT ASSEMBLY

Assembly Prep:

- **Important:** To ensure ease of product assembly, please verify the size and quantity of all the required assembly hardware by referencing the enclosed parts list and hardware chart.
- The assembly process has been broken down into easy to follow stages. Please read and review all instructions carefully. Take time to familiarize yourself with the entire assembly process before proceeding. Assembly Tip: It's may be helpful to pre-stage the items needed to complete each assembly step.
- Assemble the equipment in a clean 4ft. x 6ft. flat area. The same amount of space should be considered for assembled equipment usage.
- Do not dispose of any packaging materials until assembly of product is completed.
- Tools to assemble the equipment are enclosed with main assembly hardware packaging.
- Review and follow the preventative maintenance tips listed in this manual.
- If you experience problems with operation of the equipment, carefully review the assembly instructions and make sure all steps were completed.
- Make sure to completely fill-out the product registration form & return it within 30-days of purchase.
- Please contact us if have additional questions or need service assistance (877.861.2181).



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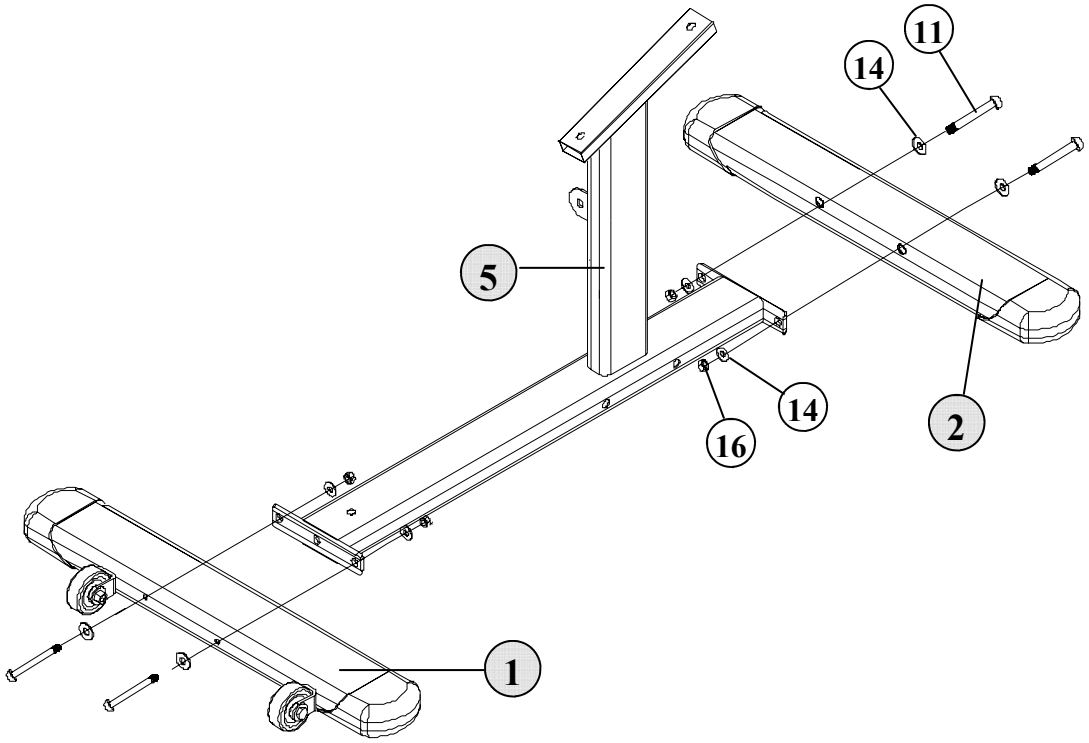
ASSEMBLY STAGE # 1

Attach Stabilizer Assemblies to the Seat Support Frame



Assembly Hardware Required:

#11 Button Head Allen Screw	**Qty. 4**
#14 Flat Washer	**Qty. 8**
#16 Nylon Nut	**Qty. 4**

Assembly Description:

A) **SECURELY** assemble the **Front Stabilizer Assembly** (#1) and **Rear Stabilizer Assembly** (#2) to the **Seat Support Base** (#5) using 4-**Button Head Allen Screws** (#11), 8-**Flat Washer** (#14) and 4-**Nylon Nut** (#16) Note: 2-screws, 4-washers, and 2-nuts per end, as shown.

- **Assembly stage #1 complete**

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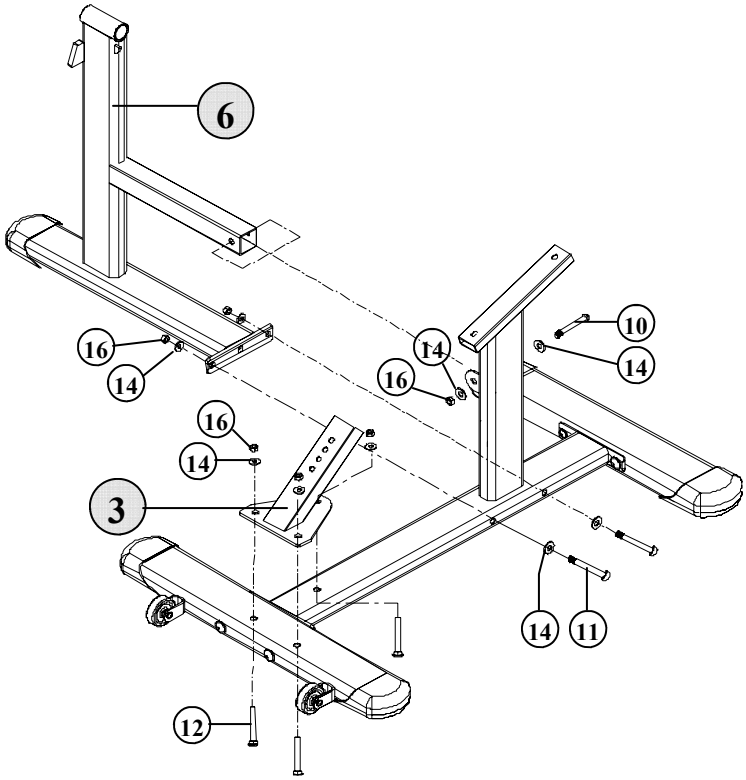
ASSEMBLY STAGE # 2

Attach Foot Adjustment Tube & Main Upright to the Seat Support Base



Assembly Hardware Required:

#10 Button Head Allen Screws	**Qty. 1**	**#14 Flat Washer**	**Qty. 9**
#11 Button Head Allen Screws	**Qty. 2**	**#16 Nylon Nuts**	**Qty. 6**
#12 Carriage Bolts	**Qty. 3**		

Assembly Description:

A) **SECURELY** fasten the **Foot Adjustment Tube** (#3) to the **Seat Support Base** (#5) **and Front Stabilizer Assembly** (#5) using 3-**Carriage Bolts** (#12), 3-**Flat Washers** (#14) and 3-**Nylon Nuts** (#16) as shown.

B) **SECURELY** assemble the **Main Upright** (#6) to the **Seat Support Base** (#5) using 1-**Button Head Allen Screw** (#10), 2-**Flat Washers** (#14) 1-**Nylon Nut** (#16) in the middle mounting area and 2-**Button Head Allen Screws** (#11), 4-**Flat Washers** (#14), 2-**Nylon Nuts** (#16), in the lower mounting area.

- **Assembly Stage #2 complete**

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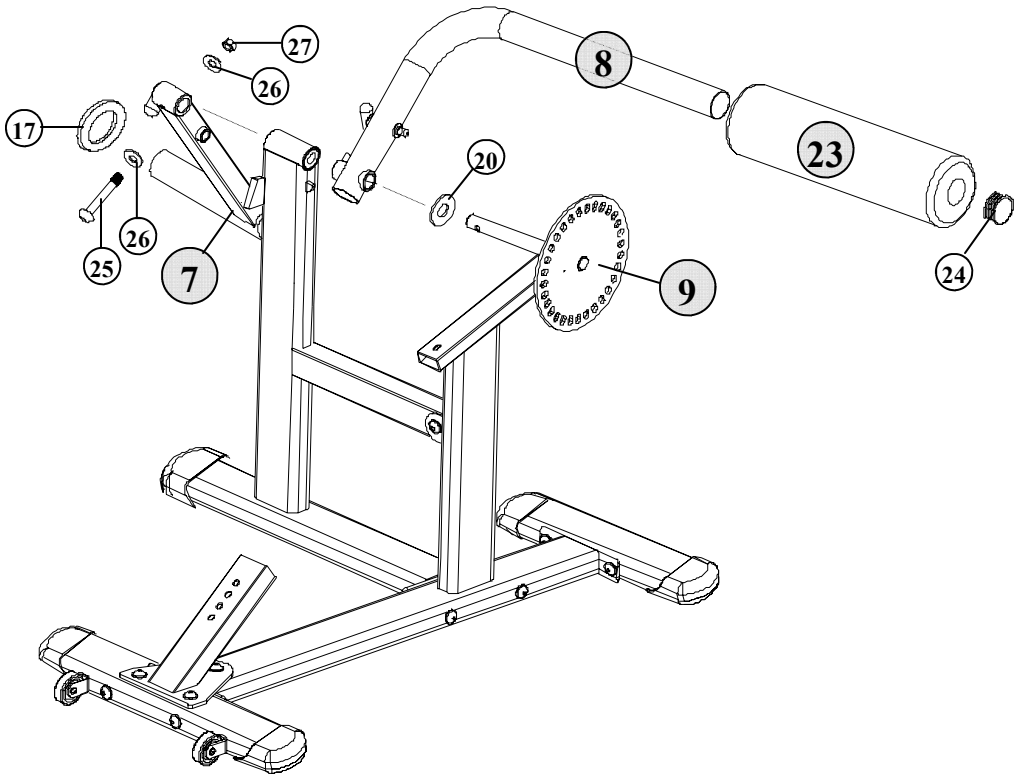
ASSEMBLY STAGE # 3

Attach Plate Holder & Press Arm to the Main Upright



Assembly Hardware Required: **(Some Hardware is Preinstalled in the Assembly Locations)**

#17	**Plate Spacer**	**Qty. 1**	**#25**	**Button Head Allen Screw**	**Qty. 1**
#20	**Spacer**	**Qty. 1**	**#26**	**Curved Washer**	**Qty. 2**
#24	**End Cap**	**Qty. 1**	**#27**	**Nylon Nut**	**Qty. 1**

Assembly Description:

A) Assemble the **Plate Holder** (#7) and the **Press Load Arm** (#8) to the **Main Upright** (#6) by sliding through the **Round Selector Plate** (#9) and **Spacer / Bumper** (#20). Secure in place using 1-**Button Head Allen Screw** (#25), 2-**Curved Washers** (#26), and 1-**Nylon Nut** (#27) as shown.

B) Slide Plate Spacer (#17) onto the Plate Holder / Loading tube (#6).

C) Slide **Roller Pad** (#23) over the **Press Load Arm** (#8) and press **Round End Cap** (#24) into end of the tube as shown.

- **Assembly Stage #3 is complete**

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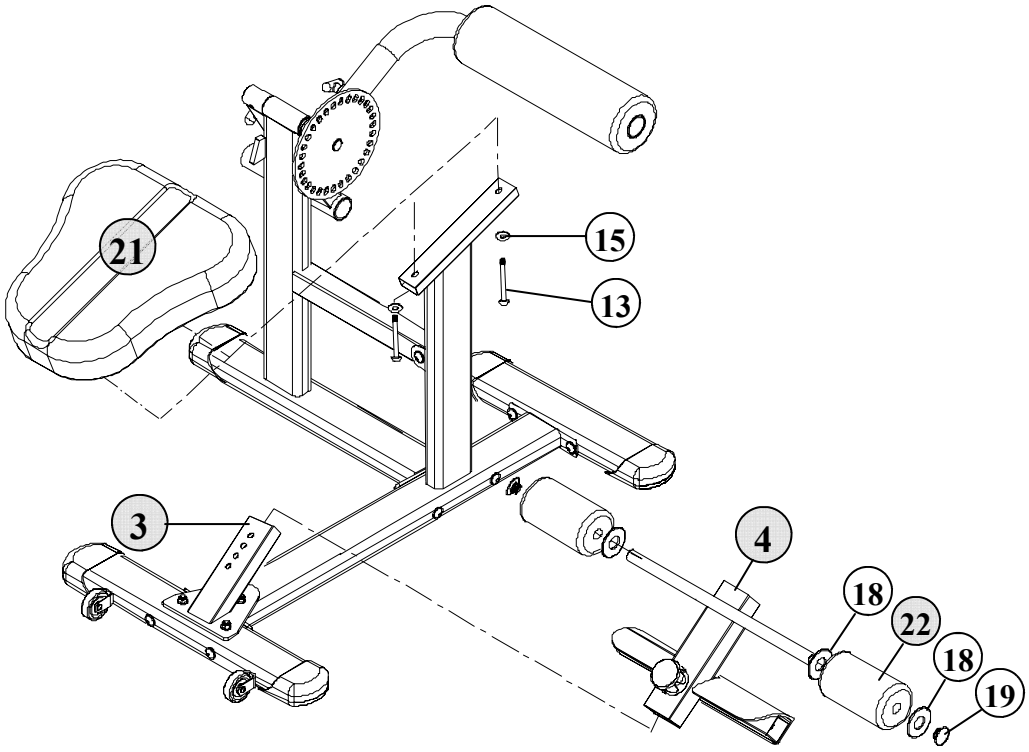
ASSEMBLY STAGE # 4

Attach Foot Plate Assembly & Seat Pad to Frame Assembly



Assembly Hardware Required:

#13 Button Head Allen Screws	**Qty. 2**	**#18 Plastic Washers**	**Qty. 4**
#15 Flat Washers	**Qty. 2**	**#19 End Caps**	**Qty. 2**

Assembly Description:

A) **SECURELY** fasten the **Seat Pad** (#21) to the **Seat Support Base** (#5) using 2-**Button Head Allen Screws** (#13) and 2-**Flat Washer** (#15).

B) Slide the 4-**PlasticWashers** (#18), 2-**Roller Pads** (#22) over the ends of the **Foot Plate Assembly** (#4) and secure in place by using 2-**End Caps** (#19). Note: Use 2-washers, 1-roller pad, and 1-end cap per end, as shown.

C) Slide the **Foot Plate Assembly** (#4) over the **Foot Adjustment Tube** (#3) and secure in one of the adjustment holes using the spring loaded locking knob. Note: Once the knob is positioned in an adjustment hole, turn the knob and secure the Foot Plate Assembly in place.

- **Assembly Stage #4 is complete**

Congratulations !

You have completed the assembly of this product and you can start exercising toward a healthier lifestyle!

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Equipment Maintenance

- Use a dampened soft-cloth to wipe equipment free of perspiration after each use. Do not use abrasive cleaners or petroleum-based solvents to clean equipment.
- Regularly inspect product for loose assembly hardware and worn components.
- Basic repairs can be performed by the customer. More advanced (technical) repairs should be performed by an authorized service provider.
- Use a product / exercise mat underneath equipment for protection of floors and carpets.
- (If applicable) Apply recommended component lubricants at the required time periods.
- Keep product manuals, purchase receipt, and service records in safe storage place. This information may be needed for future reference.
- Do not use or store equipment outdoors.
- Moving equipment: Make sure equipment is free of individual weight plates & use frame wheels (if applicable) to maneuver to the desired location. It is recommended that more than one person assist in the movement of heavy strength equipment.

TRAINING TIPS

How you start an exercise program depends on your physical condition. If you have been inactive for awhile or you have pre-existing health condition, you should start slowly. Initially you may only be able to exercise for a short amount of time using minimal resistance levels or weight loads.

Begin your desired training program slowly and gradually increase the amount of time you exercise. Apply realistic goals, that have been set by you or your physician. You should see sufficient gains in your personal fitness level within 6-8 weeks of continuous exercise, but do not be discouraged if it takes longer. It is very important to exercise at your own pace and become confident in obtaining your goals. It is also important to apply warm-up, stretching, and cool down periods with any exercise program.

As your fitness level increases, so will your confidence and sense of accomplishment. Regular exercise and a healthy diet will energize you and offer a sense of well-being.

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General Terms & Conditions

All LAMAR Health, Fitness & Sports, LLC exercise products are warranted to be free from defects in materials and workmanship under the terms of recommended use and warranty coverage.

Warranty coverage is valid to the original retail purchaser and is not transferable. Coverage will be calculated from the date of retail purchase. Original proof of purchase and serial number identification will be required with any associated warranty claim.

Coverage periods & warranty terms may vary per product model. Applied warranties will be based on type of product, components, and recommended application (use environment). Products sold or placed in non-recommended user applications will void all warranty coverage set forth by LAMAR Health, Fitness & Sports, LLC.

Coverage Periods

LAMAR Health, Fitness & Sports, LLC hereby extends the following limited warranties for the application, components, and time periods indicated;

User Environment:	**Residential**
Structural Frame:	**Lifetime (Limited)**
Mechanical Parts:	**2 years**
Electronic Parts:	N/A
Wear Items*:	**6 months**
Labor**:	**6 months**

*Wear items are those components that may need replacement based on normal wear & tear conditions (i.e. cables, upholstery, grips, etc.).

**Labor coverage excludes unauthorized repairs, service calls, and non-warranty related charges.

Exclusions & Limitations

Applied warranties are exclusive to LAMAR Health, Fitness & Sports, LLC. Warranty coverage will not extend to any product not purchased from LAMAR Health, Fitness & Sports, LLC or from an authorized reseller.

Warranty coverage is void and will not extend to; a) use of product in non-recommended environments ; b) invalid claims and / or; c) any damage, failure or loss due to improper assembly / installation, improper maintenance, negligence, misuse, unauthorized repair, alteration, accident, normal wear & tear, or an ACT OF GOD.

Except as expressly set forth in the stated warranty terms LAMAR Health, Fitness & Sports, LLC makes no other warranties, expressed or implied including, but not limited to, any implied warranties of merchantability and fitness for a particular purpose. Any implied warranties that may be imposed by law are limited to the terms stated within LAMAR Health, Fitness & Sports, LLC product warranties. Neither LAMAR Health Fitness & Sports, LLC nor any of its affiliates will be responsible for incidental or consequential damages. Some states do not allow limitations on how long an implied warranty lasts or the exclusion or limitation of incidental or consequential damages, so the preceding exclusions or limitations may not apply. The stated warranty gives you specific legal rights and you may have other rights that vary state to state. LAMAR Health, Fitness & Sports, LLC neither assumes or authorizes anyone to assume for it any other express warranty.

Exclusive Remedies

For any product that fails to conform under the terms of applied warranty, LAMAR Health, Fitness & Sports, LLC will provide, at their option, one of the following; 1) repair or replacement of defective parts or; 2) replacement of equipment with a product of equal value; 3) limited credit reimbursement toward another LAMAR Health Fitness & Sports product.

Service Procedure

Obtain warranty service by contacting LAMAR Health, Fitness & Sports, LLC or the original place of product purchase. Warranty service will be performed by the original reseller or an authorized service provider. All warranty claims must be validated and meet the requirements set forth by LAMAR Health, Fitness & Sports, LLC. Warranty claims will include confirmation of model number, serial number, and all pertinent information supporting the existence of an alleged defect. All non-warranty related service cost will be the sole responsibility of the purchaser.

Purchaser is responsible for all transportation of product to and from the reseller. Service calls & travel fees are not covered under standard warranty labor and are the responsibility of the purchaser.

Unauthorized repairs, service performed by someone other than an authorized service provider, and / or use of unapproved replacement parts will void warranty coverage.

Note to Authorized Warranty Service Providers:

Warranty labor reimbursement or warranty parts rights may not be transferred or reassigned to a third party service provider without the authorization of LAMAR Health, Fitness & Sports, LLC.

Product Registration

Fill out the enclosed warranty registration form and return to LAMAR Health, Fitness & Sports, LLC within 30 days of product purchase. You can also register your product online. Along with product registration, keep copies of all product information for your personal records.

Product Information

Model:_____ Purchase Date:_____

Serial Number:_____

Contact Information:

Address: **LAMAR Health, Fitness & Sports, LLC**
4699 Nautilus Court South #205
Boulder, Colorado 80301

Phone: **877. 861. 2181**

Email: www.lamarhfs.com

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Thank you for purchasing a LAMAR Health, Fitness & Sports, LLC product. Our products are designed and manufactured to the highest quality standards. We are committed to our customers satisfaction and we will do everything we can under the conditions of your product warranty to keep you secure in your product purchase. To help us serve you better, please fill out this Product Registration form & return it to us within 30-days of product purchase.

✉ ***Send completed registration form to:*** **LAMAR Health, Fitness & Sports, LLC**
4699 Nautilus Court South #205
Boulder, Colorado 80301.

✂ Please Cut Along This Line ✂

Your Name _____

Address _____ **Apt. #** _____

City _____

State _____ **Zip Code** _____

Phone Number: _____

Email Address: _____

PRODUCT INFORMATION

Model: _____

Product Type: _____
(Home Gym, Upright Bike, Free Weight etc.)

Serial Number: _____

Date of Purchase: _____
(Month / Day / Year)

Purchased From: _____
(Retailer Name)

Address: _____

How did you learn about our products?

1. □ Recommendation of personal trainer
2. □ Recommendation of retail salesperson
3. □ Recommendation of friend / relative
4. □ Article in magazine / newspaper
5. □ Internet
6. □ TV / radio
7. □ other: _____

Please note all factors that influenced your product purchase

1. □ Valued priced
2. □ Quality / durability
3. □ Brand name
4. □ Design / look / feel
5. □ Strength training
6. □ Cardiovascular fitness
7. □ Weight loss
8. □ Home fitness convenience

Rate the overall in-home assembly of the product

□ Fair □ Average □ Excellent

Rate the satisfaction with the retailer from which you purchased your product

□ Fair □ Average □ Excellent

What other types of exercise equipment do you own?

1. □ Treadmill
2. □ Stepper
3. □ Elliptical
4. □ Home Gym
5. □ Upright bike
6. □ Recumbent bike
7. □ Free weights
8. Other: _____

What product features / functions are most important to you?

1. □ Heart rate monitoring
2. □ Multiple user programs
3. □ Ease of use
4. □ Quality / durability
5. □ Comfort / fit / feel
6. □ Design / appearance
7. □ Ease of assembly
8. □ Warranty & service
9. □ Brand recognition
10. Other: _____

How many times a week do you exercise?

□ 1-2 times □ 3-4 times □ 4-5 times □ 6-7 times

What is the duration of your workout?

□ 20-30 minutes □ 1-2 hours □ 2 hours or more

Age Group

□ 18-25 □ 26-35 □ 36-45 □ 46-55 □ 56-65 □ 66 & older

Thank you ! We appreciate your response. The information provided on this questionnaire is used exclusively by LAMAR Health, Fitness & Sports, LLC and will not be distributed to any other individuals or agencies regardless of purpose.

Safety Recommendations: Consult a physician or health professional before starting any type of exercise program. Warm up and stretch before staring a exercise routine. Inspect your product for proper assembly. Make sure all hardware is tightened appropriately. Check cables and all moving parts for smooth movement and full range of motion. If you are unsure of proper use of your purchased product, contact a local retailer or call us for instruction. Equipment is not designed for the use of children or minors. Failure to follow or apply these suggested safety tips may result in serious injury.

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STAMP

LAMAR Health, Fitness, & Sports, LLC

4699 Nautilus Court South #205

Boulder, Co. 80301

FOLD LINE

FOLD & TAPE CLOSED OR MAIL REGISTRATION IN A SEPARATE ENVELOPE

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TRAINING LOG

DATE	TYPE OF STRENGTH EXERCISE	SETS	REPS PER SET	WEIGHT USED LBS. / KLG	TRAINING TIME

LAMAR HEALTH, FITNESS, & SPORTS, LLC

4699 NAUTILUS COURT SOUTH #205

BOULDER, CO. 80301

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